



Meet Your Nutritious Friend:
Whistling Watermelon

To set up account/make payments:
<https://schoolpaymentportal.com/ConsumerLogin.aspx>
For descriptions, nutritional and allergen information:
<https://www.schoolcafe.com/SwedesboroWoolwichSDNutriServe/menus>

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 DAY E</p> <p>#1 PIZZA DIPPERS & sauce cup</p> <p>#2 SAUSAGE, EGG & CHEESE SANDWICH</p> <p>#3 CEREAL LUNCH BAG</p> <p><u>FEATURED VEGGIES</u> BBQ BAKED BEANS CHICKPEA SALAD</p>	<p>2 DAY F</p> <p>#1 SLOPPY JOE SANDWICH</p> <p>#2 CHICKEN PATTY ON BUN</p> <p>#3 CEREAL LUNCH BAG</p> <p><u>FEATURED VEGGIES</u> CORN GREEN PEPPER / JUICE</p>	<p>3 DAY A</p> <p>#1 FRENCH TST STIX & TURKEY LINKS</p> <p>#2 BAGEL LUNCH</p> <p>#3 CEREAL LUNCH BAG</p> <p><u>FEATURED VEGGIES</u> HASHBROWNS CARROT STICKS</p>	<p>4 DAY B</p> <p>#1 POPCORN CHICKEN & GARLIC BUTTER PASTA</p> <p>#2 GRILLED CHEESE SANDWICH</p> <p>#3 CEREAL LUNCH BAG</p> <p><u>FEATURED VEGGIES</u> GLAZED CARROTS CUCUMBER SLICES / JUICE</p>	<p>5 DAY C</p> <p>#1 STUFFED CRUST PIZZA</p> <p>#2 MEATBALL PARMESAN</p> <p>#3 CEREAL LUNCH BAG</p> <p><u>FEATURED VEGGIES</u> GREEN BEANS SPINACH SIDE SALAD</p>
<p>8 DAY D</p> <p>#1 CHICKEN ALFREDO SAUCE with PASTA</p> <p>#2 HOT DOG</p> <p>#3 CEREAL LUNCH BAG</p> <p><u>FEATURED VEGGIES</u> CHEESY BROCCOLI GREEN PEPPER STRIPS</p>	<p>9 DAY E</p> <p>#1 TURKLEY TACO ON TWO HARD SHELLS</p> <p>#2 GRILLED CHEESE</p> <p>#3 CEREAL LUNCH BAG</p> <p><u>FEATURED VEGGIES</u> CORN CHICKPEA SALAD / JUICE</p>	<p>10 DAY F</p> <p>#1 MINI WAFFLE BAG & 2 PORK LINKS</p> <p>#2 EGG & CHEESE SANDWICH</p> <p>#3 CEREAL LUNCH BAG</p> <p><u>FEATURED VEGGIES</u> SEASONED POTATO WEDGES CARROT STICKS</p>	<p>11 DAY A</p> <p>#1 TENDERS & TEXAS TOAST</p> <p>#2 GARDEN SALAD with GOLDFISH</p> <p>#3 CEREAL LUNCH BAG</p> <p><u>FEATURED VEGGIES</u> PEAS GRAPE TOMATOES/ JUICE</p>	<p>12 DAY B</p> <p>#1 PIZZA DIPPERS & sauce cup</p> <p>#2 HOT DOG</p> <p>#3 CEREAL LUNCH BAG</p> <p><u>FEATURED VEGGIES</u> BBQ BAKED BEANS CUCUMBER SLICES</p>
<p>15 DAY C</p> <p>#1 CHEESEBURGER</p> <p>#2 FRENCH BREAD PIZZA</p> <p>#3 CEREAL LUNCH BAG</p> <p><u>FEATURED VEGGIES</u> TATER TOTS GREEN PEPPERS</p>	<p>16 EARLY DISMISS - DAY D</p> <p>#1 BEEF NACHO GRANDE</p> <p>#2 SAUSAGE, EGG & CHEESE sandwich</p> <p>#3 CEREAL LUNCH BAG</p> <p><u>FEATURED VEGGIES</u> STEAMED CORN ITALIAN CHICKPEA SALAD 100% JUICE CUP</p>	<p>17 EARLY DISMISS - DAY E</p> <p>#1 2 PC HILLTOP PANCAKES & TURKEY LINKS</p> <p>#2 FRENCH BREAD PIZZA</p> <p>#3 CEREAL LUNCH BAG</p> <p><u>FEATURED VEGGIES</u> OVEN FRIES CARROT STICKS</p>	<p>18 EARLY DISMISS - DAY F</p> <p>#1 NUGGETS & GARLIC BUTTER PASTA</p> <p>#2 BAGEL LUNCH</p> <p>#3 CEREAL LUNCH BAG</p> <p><u>FEATURED VEGGIES</u> BBQ BAKED BEANS BROCCOLI BITES 100% JUICE CUP</p>	<p>19 SCHOOLS CLOSED</p>
22	23	24	25	
29				

ATTN: TEACHERS:
Please choose Lunch #1, #2 or #3 in OnCourse

Kitchen extensions:
Hill x2014
Clifford x3160
Stratton x1097
Harker x4015

What is a Meal?
Students must choose at least 3 of the 5 components available for the school lunch price.

- Choice of Whole Grain
- Choice of Protein
- Choice of Vegetable
- Choice of Fruit
- Choice of Milk

A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable lunch.



Choice of Vegetable
Hot vegetable, leafy salad, composed bean salad, seasonal fresh vegetables

Choice of Fruit
Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice

Choice of Milk
1% white, fat-free white, fat-free chocolate, fat-free vanilla, fat-free strawberry

NUTRI SERVE FOOD MANAGEMENT
GINA D'ADAMO, Food Service Director
856-241-1552 EXT 1097
GDADAMO@SWSDK6.COM ~ SWE@NSFM.COM

Meal Prices
Student Lunch \$3.35
Reduced Lunch \$0.00
Faculty Lunch \$5.00

